

## **For those that want to apply and participate in the Red Dragons full contact Class please follow these guidelines -**

Third Level Students and lower ranks must apply to join. Your application will be reviewed and considered by the Captain and Guros. To apply, write and submit a paper to the Captain, which includes why you want to participate and why you think you're qualified.

Fourth Level Students and above are automatically binding participants - schedule permitting.

To be a member and maintain membership in the Full Contact Class you must (at very least) attend the required minimum amount of regular scheduled ISE classes.

No visitors or spectators will be allowed unless invited or authorized by Tagaturo Klement.

In the pursuit of understanding combat in a harder and quicker environment we will inadvertently hurt each other from time to time - accept it beforehand.

The Captain of the Full Contact Class has total authority of the sessions and has the backing of the Guros and the Sgt. At Arms. All commands given by the Captain or Co-Captain should be followed immediately. In consideration of safety, any non-compliance whatsoever will result in immediate removal from that class and possibly all further classes.

Personal protective gear should be acquired and maintained by each member. To participate you must bring protective gear. (i.e. Gloves, Headgear, Shin pads, Groin protection, Mouthpiece, etc...)

Classes will encompass the following at some level or another and at some time or another. Therefore it is essential to bring all protective gear to each session:

- Stick Fighting
- Boxing (Filipino and Western style)
- Kick Boxing
- KDM Techniques
- Grappling (standing and ground)
- Endurance Training

ISI standard uniform applies to the Full Contact Class – i.e. ISE Tshirt and black Gi bottoms. However, if a member wishes they may substitute the black pants with black shorts.

Full Contact Classes will be scheduled after normal ISE training classes. The Full Contact session will be an hour in length and will begin ten minutes after the standard class ends.